



Marine Wing Headquarters Squadron 1

GAZETTE



2nd Quarter 2007

1 April 2007

MWHS-1 Wraps Up Bi-Annual CGIP

OKINAWA, Japan – For the second quarter of 2007, Marine Wing Headquarters Squadron – 1 has been focused on preparing for the Commanding Generals Inspection (CGI). The Commanding General's Inspection Program (CGIP) requires every squadron within 1st MAW be inspected every two years. Every Marine and Sailor in the MWHS had a role to play, be it as a manager of one of the functional areas or as one of the Marines or Sailors identified to participate in the Troop Oriented Inspections. Some of the areas that Marines were evaluated in included, Physical Fitness Testing, Weigh-In, Wall locker and Junk on The Bunk, Uniform Inspections, and Color Guard; just to name a few. Because of the hard work and effort displayed by all, MWHS-1 displayed a marked improvement in virtually every area of the inspection compared to the last inspection held in 2005 and earned the coveted grade of "Mission Capable".

Professional Military Education (PME) is designed to equip Marines with the skills, confidence, understanding, and vision to exercise sound military judgment and decision making in battle. To that end, MWHS-1 hosted a Lance Corporal PME Seminar on 24 and 25 March for 36 future leaders of Marines.

Once a month, the Commanding Officer leads a fun, challenging, and varied Physical Training (PT) session for all the Marines of MWHS-1. In January, the Marines exercised with Marine Corps Community Services aerobic instructors. The training was a great change of pace from the

normal Marine Corps PT while still challenging all participants. February's PT combined a squad ability run with a circuit course, incorporating stops along the route to accomplish various exercises. In March, the Marines conducted a Hash run encompassing Camp Foster and the surrounding off-base areas. The template for a hash run is for one or more fast runners (Hares) to lay out a running trail, which includes false trails and short cuts, with the objective being "catching the hare". Cpl Rainey, S-3, showed his physical stamina and athletic prowess by catching the "hare" (GySgt Janish, Comptroller) and earning a well-deserved 72 hour liberty pass.

March 12-15 was the commemoration of the 62nd anniversary of the Battle for Iwo Jima. Every year, Iwo Jima hosts a ceremony that honors those who fought and gave their lives during the 36 day battle. Several MWHS-1 Marines had the unique opportunity to travel to Iwo Jima and observe the ceremony first hand. For those Marines who were unable to go to

Iwo Jima, living on Okinawa provides an opportunity to visit the battle sites from the largest and bloodiest of all the World War II Pacific Island-hopping campaigns. GySgt Deuto, a USMC history enthusiast with the MWHS-1 G-2, led a battle sites tour for MWHS-1 Marines and sailors on the 22nd and 23rd of March. The two-day PME consisted of an overview of the Battle of Okinawa, a memorabilia and equipment display from both sides of the war and a terrain walk at numerous battle sites such as Kakazu Ridge and Sugar Loaf Hill where GySgt Deuto summarized the battle and highlighted some of the extraordinary heroics of both Marines and Soldiers alike.

LtCol Wadsworth continues his Birthday Ball fundraising effort by hosting a "CO's BBQ" twice a month at Building 1. So far, it has been a great success bringing the MWHS that much closer to its goal of providing a free Birthday Ball ticket to every junior Marine in the squadron.



MWHS-1 Marines and Sailors pose with a battle scared Shisa statue during a recent battle sites tour led by Gunnery Sergeant Deuto.



From the Desk of the Commanding Officer:

MWHS-1 Families,

Spring has arrived, and summer is just around the corner. I expect that many of you are already making plans for vacations & travel over the upcoming breaks.

If you are going to be leaving the local area, I ask that you let your Key Volunteer know what your plans are. These ladies are a hard-working, dedicated bunch but they can only be effective if they can contact their assigned families. Please keep them updated.

Of course, just as the seasons have changed, the tempo for the Wing is changing as well - from fast to faster. The exercises have commenced and will deploy many members of the Wing to various locations over the months ahead. Along with that are the continuing requirements to fill Individual Augment billets to CENTCOM. The bottom line is that many members of the squadron will be required to deploy away from Okinawa in the upcoming months - sometimes with very little notification. Each of you must be aware that your military member may be one of these Marines, and ALL of you must be prepared for that eventuality.

Being a Marine brings with it the satisfaction of being a member of a tremendous organization. It also brings the high possibility to deploy and leave the family for months on end. Marines and their families must be prepared - personally and professionally - for any contingency. We are here to help you do that.

On a lighter side, I hope you enjoy this edition of the MWHS-1 Newsletter. It contains some valuable information that should be helpful to all. If you have any suggestions for improvements, let the XO know.

S.F.

LtCol Brett Wadsworth
Lieutenant Colonel, USMC



A Message from the Key Volunteer Coordinator:



Spouses! MWHS-1 Needs You!

Spouses, are you tired of getting information from your active duty Marine at the last minute? Do you feel uninformed about command events and functions? Then come be a part of the KVN – the Key Volunteer Network - and get the information first hand. The KVN is a command information program composed of well trained volunteers. We would like you to be one of them. No experience is required. Open to all ranks. The command will train you and fill you in on all you need to know. If interested, please call Dolores Ware at 646-6118 or email at dalware@aol.com.

To our current Key Volunteers,

Thank you for volunteering your time to be a part of the MWHS-1 KVN. Your country already asks so much of you and your Marines that it is inspiring to see so many volunteer for this important service. Thank you for all you do. You are awesome!!!

Respectfully,
Dolores Ware
Key Volunteer Coordinator, MWHS-1
dalware@aol.com
646-6118



News you can use (and other items of interest)

Typhoon Preparedness: Are you ready for typhoon season?



Each year from 1 June until 30 November, Okinawa is officially in typhoon season. It is recommended that you check your typhoon supplies. These supplies should consist of

batteries, flashlights, a battery operated radio, bottled water (3 gallons per person), canned foods, enough baby supplies to last several days, and essential medications. Everyone is reminded that all outside activity is discontinued at TC-1C (Caution) and remains prohibited until TC-SW (Storm Watch). For up to date information during a typhoon listen to AFN radio (89.1 FM) or tune into AFN TV (Channel 8).

Japanese Road Tax Season Is Here!

During the month of May, the 2007 Japanese road tax, required to be paid by all U.S. Forces Japan and status of forces agreement personnel with registered motor vehicles, will be collected at several military installations on Okinawa through the Joint Services Vehicle Registration Office.

- Camp Foster Theater: 7-11 May 0930-1530



Fees by License Plate Category

- | | |
|------------------------------|------------|
| • 40/400, 50/500, 77/78 | 7,500 yen |
| • 33/3300 (4,500 cc & below) | 19,000 yen |
| • 33/300 (above 4,500 cc) | 22,000 yen |
| • 11/100, 88/800 | 32,000 yen |

For more information, contact the Joint Services Vehicle Registration Office at 645-7481 or 645-3963.



Spouses' Leadership Seminar (SLS)

is a 1 or 2-day seminar offered on Okinawa quarterly. Through this fun, fast paced, interactive day military

spouses, and volunteers receive techniques for improved communication, team building skills, conflict management and leadership development that can be utilized at home, work, and during volunteer activities.

Want to Share and Inspire? Volunteer to Coach!

Volunteer Coaches- MCCA Semper Fit Youth Sports (SFYS) is looking for a few good men and women to coach the children residing on Okinawa, Japan. If you love recreation and working with children, this is a great opportunity to give back to your military community while doing something you really enjoy.

Volunteering for SFYS is a BIG responsibility.

One season entails over 72 hours of community service which includes holding practice twice a week and attending all scheduled games. All coaches must undergo a background screening



process. Our next upcoming season is baseball and softball. If you are interested, call Youth Sports Office at 645-3533/34 or go by their office at Bldg 5966.



PROMOTIONS



January

GySgt Rodriguez, Michael
 SSgt McCrea, Neil
 Sgt Figueroa, Jason
 Cpl Reza III, Jesus
 Cpl Ramos, Ashley
 Cpl Pak, Eric
 Cpl Oster, Sean
 Cpl Orozco, Christopher
 LCpl Schmidt, Victor
 LCpl Robinson, Kendric
 PFC Aquiline, Kenneth



February

LtCol Johnson, Mark
 Maj Crusoe, Henry
 Cpl Porter, Jon
 LCpl Burnside, Justin

March

MSgt McLemore, Jerry
 MSgt Heaps, Cody
 GySgt Telfeyan, Kelly
 GySgt New, William
 Cpl Cunningham, Joshua
 (Meritorious) Cpl Derham, Mark
 (Meritorious) LCpl McCann, Michael
 LCpl Walling, Jacob
 LCpl Manivong, Saysavanh
 LCpl Mlodoach, Anthony
 LCpl Simpson, Bryce

AWARDS

Navy Achievement Medal

Sgt Johnson, Pamela
 LCpl Steinhaus, James

Good Conduct Medal

MSgt Beck, James
 MSgt Louramore, Craig
 GySgt Vanscoy, Ryan
 SSgt Ramos, Steven
 Cpl Burgess, Lechrista
 Cpl Hannah, Lauren
 Cpl Podbevsek, Christopher
 Cpl Piepgrass, Benjamin
 LCpl Gordon, Cecil

Meritorious Mast

LCpl Crocket, John
 LCpl Grabinski, Nathan
 LCpl Kee, Samuel
 LCpl Manivong, Saysavanh
 LCpl Sisson, Corry
 LCpl Webb, Gerald

Letter of Appreciation

1stLt Montalvo, Brian
 GySgt Bergmann, Robert
 GySgt Deuto, Richard
 SSgt Rodriguez, Michael
 Sgt Metzger, Christopher
 Sgt Pierre, Krystal
 Cpl Podbevsek, Christopher
 LCpl Andrade, Enrique
 LCpl Grant, Steven
 LCpl Peaches, Nathaniel
 LCpl Skillern, Timothy
 LCpl Weatherford, Samuel
 LCpl Ash, Jesse
 PFC FenaAlvarez, Jessica
 PFC Rodriguez, Joshua





Spouse Spotlight



Allana Tobias

Allana Maria Tobias is one of a kind—she is an awesome Marine Corps spouse, a terrific wife to her husband Rudy and above all else she's an unbelievable mom to their four year-old son, Josh!! Once you meet Allana, you'll easily remember her for she is the gal with the warm smile and friendly spirit. She's always so calm, cool and collected, even when she is constantly on the go!

Allana is a Red Cross volunteer, she attends classes at the University of Maryland on island, and she has been one of the best Key Volunteers for MWHS-1 the past eighteen months! This young girl from Orange County, California, also recently completed the Dental Assistant Program and is now certified. Fortunately, for the many friends she has made on Okinawa, Allana will be staying put for another year and a half while her husband, First Sergeant Rudy Tobias, works with the Marines at 3rd Marine Division.

You might be lucky and run into Allana at one of her favorite restaurants; Yoshi's or perhaps you'll see her shopping for collectibles or jewelry around town. No matter when or where, this only child, whose grandfather is a retired Master Gunnery Sergeant, is sure to brighten your day just as she has done for many G-4 families and her countless friends on Okinawa. We'll always remember Allana--the girl with one of the kindest hearts and most sincere personalities the world has known. In closing, we thank you for all your time and effort with the MWHS-1 Key Volunteer Network program. God bless you Allana, Rudy and Josh—the MWHS-1 Family will miss you!



"JARHEAD" History: (the traditions of our Corps)

In honor of Women's History Month, here's a little history on women in the Marine Corps:

In 1918, the Secretary of the Navy allowed women to enroll for clerical duty in the Marine Corps. Officially Opha Mae Johnson is credited as the first woman Marine. Johnson enrolled for service on August 13, 1918; during that year some 300 women entered the Marine Corps to take over stateside duties from battle-ready Marines who were needed overseas. The Marine Corps Women's Reserve was established in February 1943. June 12, 1948, Congress passed the Women's Armed Services Integration Act and made women a permanent part of the regular Marine Corps. By 1975, the Marine Corps approved the assignment of women to all occupational fields except Infantry, Artillery, and Armor. Today, female Marines serve in 93 percent of all occupational fields and 62 percent of all billets. Women constitute 6.2 percent of the Corps end strength and are an integral part of almost every aspect of the United States Marine Corps.



Points of Contact and Calendars:

MWHS-1 Family Readiness

Commanding Officer

LtCol Brett A Wadsworth
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645-7602

Family Readiness Officer

Major Brian D. Simon
brian.d.simon@usmc.mil

645-0114

Key Volunteer Coordinator

Dolores Ware

Key Volunteer Advisor

Linda Watson

Command Post

Cathy Simon

G-1

Tammi Butts, Sharon Foster, Dianne Hull
 Pamela Rodriguez

G-2

Lauren Deuto, Jamie Hepworth

G-3

Beth Wolf, Ligia Sullivan, Rhonda Sherman

G-4

Allana Tobias, Helen Skalniak, Cheryl Becker

G-6

Marci Breazile, Carol Hendon, Nancy McKnight

ALD

Esther Fowler, Ann Stebbins, Roy Wright

Chaplain

Nan Yi

Comptroller

Tonia Crusoe

DOSS

Milyn Ward

Wing Inspector

Waiting for you!

Staff Secretary/IMO

Loling Shaw, Rebecca Mathews, Shawn Blackburn,
 Susan Petersen

Staff Judge Advocate

Sonya Jump

Wing Surgeon

Sharon Titus

MWHS-1 Webpage:

<http://www.1maw.usmc.mil/index.asp?unit='MWHS-1'>



Marine Wing Headquarters Squadron - 1 Quarterly Schedule of Events

Apr

2	All-Hands Training	0730-1100	F. Theater
4	Dinner in the Barracks	1800 (drop off 1700)	
10	KV/FRR Meeting	1900	Bldg 5692
13	Spring Fling	1300-1600	Kenney Park
17	MCBJ Fam. Read. Luncheon	1100-1300	But. O'Club
23-27	Ryukyu Warrior 07 TACC Exercise		Futenma

May

2	Dinner in the Barracks	1800 (drop off 1700)	
5	All-Hands Training	0730-1130	F. Theater
8	KV/FRR Meeting	1900	Bldg 5692
12	Wing Staff Hail and Farewell	TBD	

Jun

4	All-Hands Training	0730-1130	F. Theater
6	Dinner in the Barracks	1800 (drop off 1700)	
8	Wing Change of Command	TBD	
12	KV/FRR Meeting	1900	Bldg 5692



Maine Corps Family Team Building

(645-2841)

<http://www.mccsokinawa.com/mccs.asp?id=125>



Apr

4	Newsletter Writing	0900-1100	Blg 5677 (F)
10-11	KV Basic	0900-1300	Blg 5677 (F)
18	KVC	0900-1300	Blg 5677 (F)
19	FRO	0900-1300	Blg 5677 (F)
21	SLS: Teambuilding Tech.	0900-1400	Blg 5677 (F)
24	KV Basic Refresher	0900-1300	Blg 5677 (F)
25-26	Japanese Spouse Seminar	1300-1600	Blg 5677 (F)

May

2-3	L.I.N.K.S	0900-1330	Blg 5677 (F)
8-9	KV Basic	0900-1300	Blg 4408 (C)
14-15	KV Basic	1800-2130	Blg 5677 (F)
16	KVC	0900-1300	Blg 5677 (F)
17	FRO	0900-1300	Blg 5677 (F)
22	SLS: In The Midst	0900-1300	Blg 5677 (F)
23-24	KV Basic Refresher	0900-1200	Blg 5677 (F)
29-31	Japanese Spouse Seminar	0900-1230	Blg 5677 (F)

MCCS Marine and Family Services Workshops April-June 2007



Prevention and Relationship Enhancement Program (PREP). The Marine Corps Family Team Building staff and your Chaplains have teamed up to offer you a truly out-standing program known as "PREP". This program has proven so effective in recent years that it has been featured on 20/20, 48 Hours, Oprah, and in many articles of the print media. Whether casually dating, engaged, newlyweds or married 30 years, learn strategies that will help you build and/or enhance a wonderful relationship! PREP is for you if:

- You're involved in a close relationship such as seriously dating, an engagement, or a marriage;
- You want romance and passion in your marriage;
- You'd like to be able to talk together as friends;
- You'd sometimes like to shut out all of life's hassles and just be together;
- You're determined to knock down those communication walls that creep up with time and stress.

It is basic and straightforward. The workshop and the materials teach couples the skills they need to nurture a lasting love. Couples spend most of their time in special discussions or practicing skills. Key topics include expectations, commitment, fun, forgiveness, friendship, feeling understood and sensuality. The **next PREP** session is scheduled for **12-13 April**. Contact MCFTB at 645-2104 to register or for more information.

Chaplain's Religious Enrichment Development Operations (CREDO). The Personal Growth Retreat (PGR) program of CREDO serves as the cornerstone of the CREDO program. It provides individuals an opportunity to invest time on themselves while reflecting on their goals and future. The PGR serves as a catalyst in helping individuals focus on accepting reality, taking personal responsibility for their own lives and developing new perspectives in relationships with God, family, friends, the military and the broader world in which they live. PGR is NOT a religious retreat. Participants are provided with a safe atmosphere where they can look within themselves and discover who they really are and where they are headed in life. During a PGR, participants have the opportunity to relate to people in similar circumstances while experiencing unconditional acceptance. The PGR is a place to gain new found strength or explore issues that are important to you. Many participants have described their retreat experience as the "*turning point*" in their life. The next Personal Growth Retreat is scheduled for **9-12 May**. For more information or to register, contact the MWHS-1 Chaplain, Cdr Yi, at 645-7539 or CREDO at 645-3041.



MWHS-1 AT WORK AND PLAY



ALD: Sgt McNamara Sgt's course graduation.



MWHS-1 Marines climb the black volcanic beach of Iwo Jima



Wetdown Celebrations for 1stSgt Tobias(G-4), MSgt Heaps(G-2), GySgt New (ALD), and SSgt Feeney (ALD)



Chef Wadsworth making eggs to order during March's Dinner In The Barracks